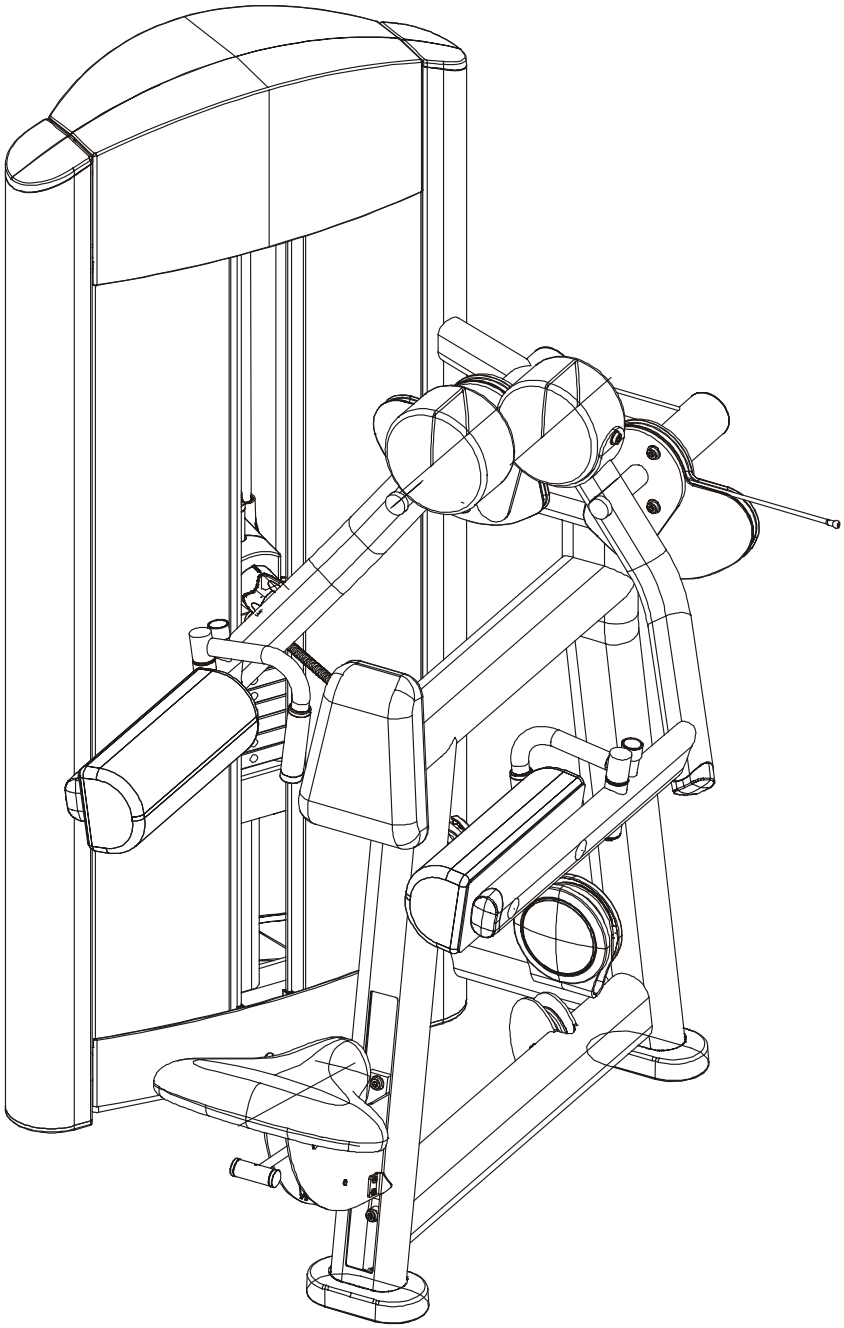
LifeFitness

SIGNATURE SERIES

FZLR - LATERAL RAISE



Customer Support Services

PARTS MANUAL

FZLR - LATERAL RAISE

Notes:

FZLR - LATERAL RAISE

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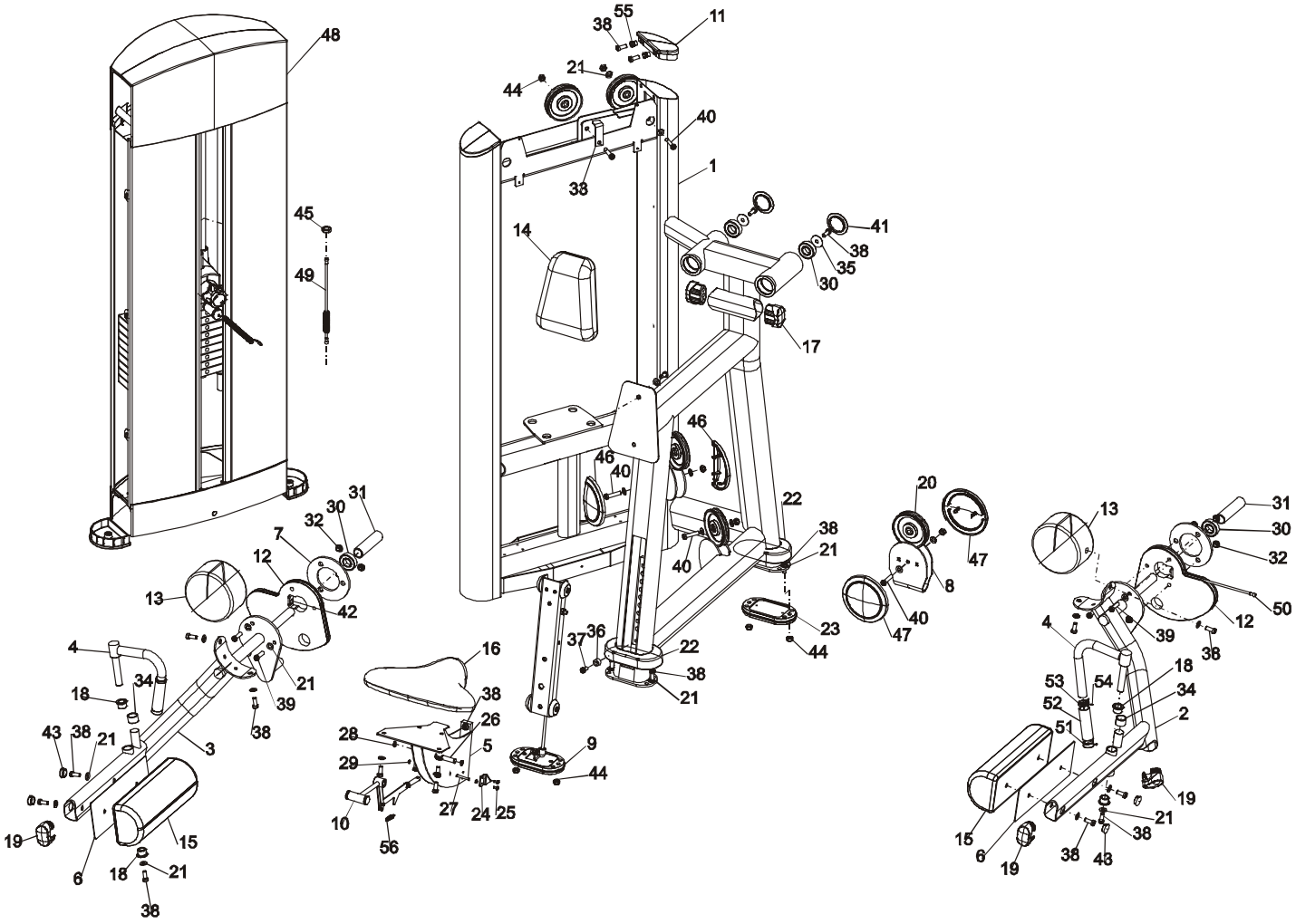
FZLR - LATERAL RAISE

COMPONENT ASSEMBLY



FZLR - LATERAL RAISE

COMPONENT ASSEMBLY CALLOUTS

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	RMA	WLDMT, FZLR, FRAME
2	1	7607801	WLDMT, FZLR, PIVOT ARM RIGHT
3	1	7608401	WLDMT, FZLR, PIVOT ARM LEFT
4	2	7608601	WLDMT, FZLR, HANDLE
5	1	7384701	WLDMT, FZ, SEAT SUPPORT
6	2	7608901	PLATE, FZLR, ARM PAD
7	2	7609001	PLATE, FZLR, CAM COVER
8	1	7617101	BRKT, PULLEY, CABLE SLOT
9	1	7670501	ASSY, FZ SEAT CARRIAGE
10	1	7287401	ASSY, FZ ADJUSTER HANDLE
11	2	7326201	CAP, D-TUBE - TOP
12	2	7609101	CAM, FZLR
13	2	7444701	COUNTER WEIGHT, LARGE - COATED
14	1	7624501	PAD, CHEST 10 X 7-5/8, NO BACKER
15	2	7624601	PAD, FOREARM, NO BACKER
16	1	7297101	PAD, SEAT SADDLE
17	2	7317901	STOP, BUMPER
18	4	3104901	.75" ID 1.00" OD BRONZE BUSHING
19	4	7333801	CAP, SMALL FLOV- END
20	5	3237801	PULLEY, 4.5" OD
21	36	3236601	WASHER, 3/8 SAE SS
22	2	7419701	COVER, FOOT 10 DEG
23	1	7334001	FOOT, 2.50 X 4.49 FLOV
24	1	7425295	BRKT, SEAT INDICATOR
25	2	3239101	SCREW, M5X10 PHL PAN TT ST
26	1	7331701	SHAFT, PIVOT X 1.580
27	1	7407502	PIN, LINK
28	2	3232409	RING, RETAINING, EXTERNAL
29	2	3232401	RING, RETAINING, EXTERNAL
30	4	3235601	BEARING, 6205 BALL
31	2	7330004	SPACER, INTERNAL X 4.765
32	6	7335401	NUT, M10 X 1.5 SOCKET HEAD
33	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
34	2	7481201	BEARING, M25 X M30 X M20
35	2	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS
36	1	7385203	SPACER, .406 X .750 X .500
37	1	3236201	SCREW, M10 X1.5 20MM
38	28	3236202	SCREW, M10 X1.5 25MM
39	6	3236204	SCREW, M10 X1.5 35MM
40	5	3236206	SCREW, M10 X1.5 45MM
41	2	7308701	CAP, BEARING HOUSING
42	2	7342201	PLATE, CABLE END
43	4	3237403	PLUG, 1" HOLE
44	9	3236801	NUT, M10 HEX NYLOCK SS
45	1	3236902	NUT, M16 X 2 HEX JAM SS
46	2	7333601	COVER, PULLEY- PARTIAL
47	2	7340001	COVER, PULLEY- NOTCHED
48	1	7625901	ASSY, MID TOWER-9, SHORT
49	1	7423717	CABLE, FZLR-1 111-1/2
50	1	7423806	CABLE, FZLR-2 82-3/8
51	2	7306901	CAP, GRIP 1.25 OD
52	2	3235801	GRIP, 1.25" OD X 4" FZLE, FZSLC, FZCE
53	2	7315601	RING, GRIP 1.25 OD
54	8	3237201	M3 X .5 HXS NO CUP ST BO
55	4	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
56	1	3239201	SPRING, EXT, .375 X .049 X 2.00

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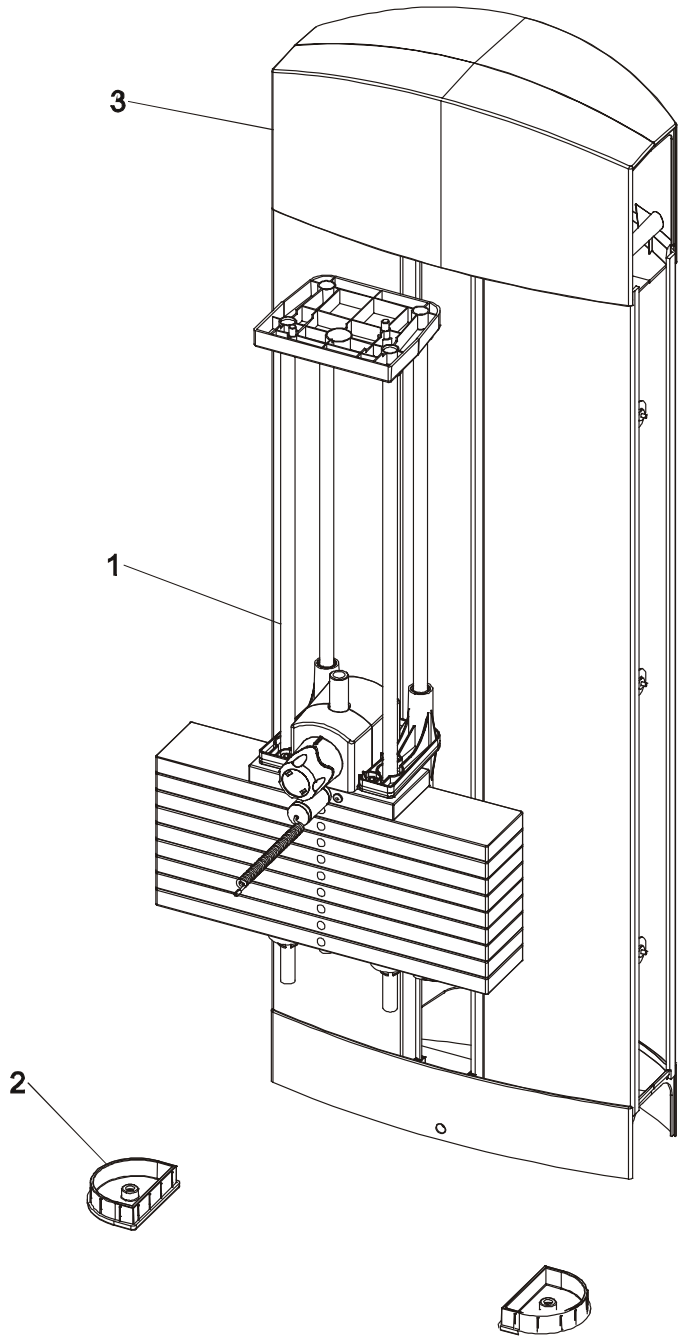
MID TOWER ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7626001	ASSY, WEIGHT STACK MID-9, SHORT
2	2	7326301	CAP, D-TUBE - BOTTOM
3	1	7419801	ASSY, TOWER PLASTICS - MID

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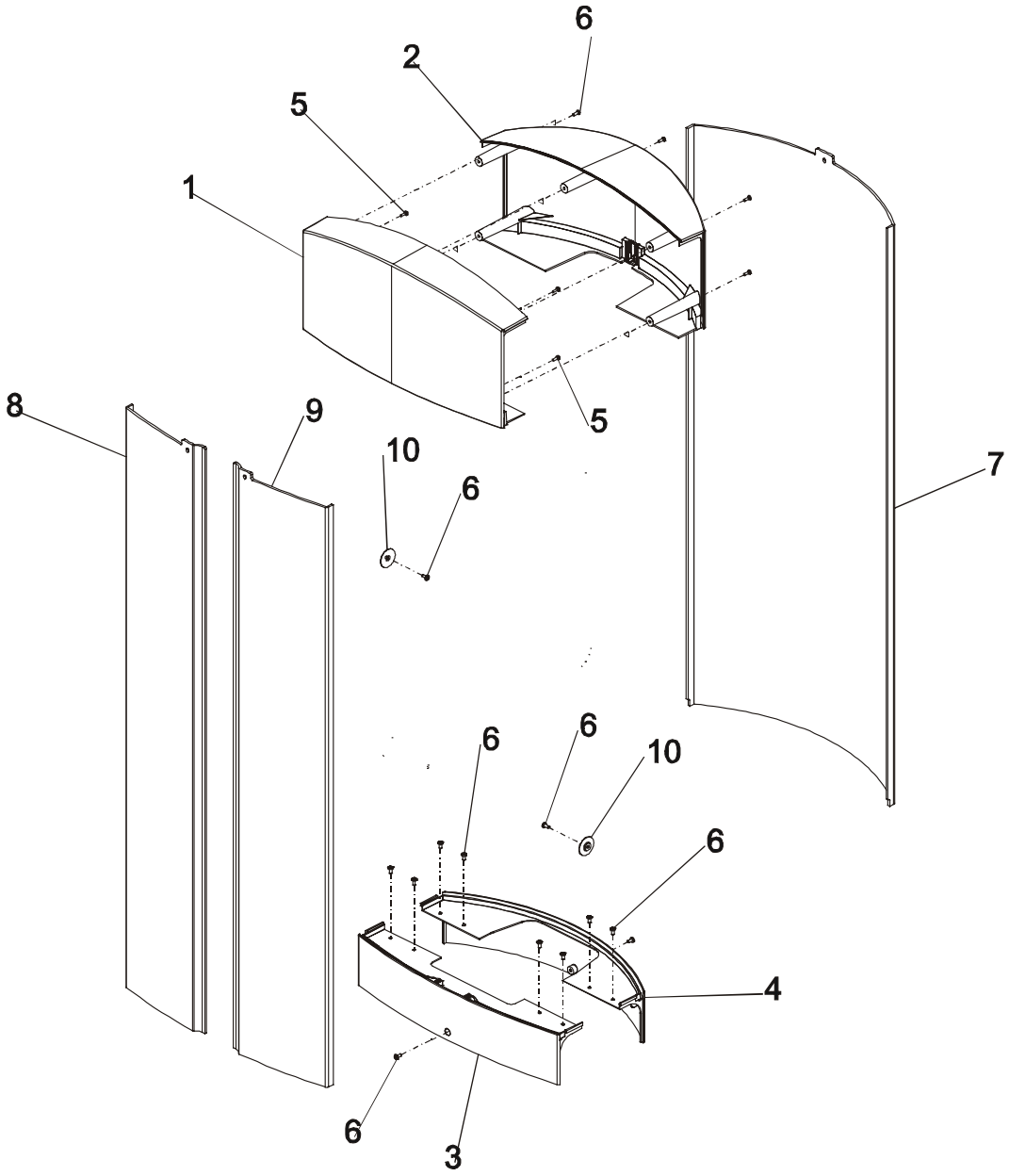
TOWER PLASTICS ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7318601	COVER, TOWER- TOP FRONT
2	1	7318701	COVER, TOWER- TOP REAR
3	1	7318801	COVER, TOWER- BOTTOM FRONT
4	1	7318901	COVER, TOWER- BOTTOM REAR
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
6	16	3239101	SCREW, M5X10 PHL PAN TT ST
7	1	7318301	SHROUD, TOWER- REAR SHORT
8	1	7318401	SHROUD, TOWER- FRT SHORT RH
9	1	7318402	SHROUD, TOWER- FRT SHORT LH
10	6	7583501	RETAINER, FZ SHROUD

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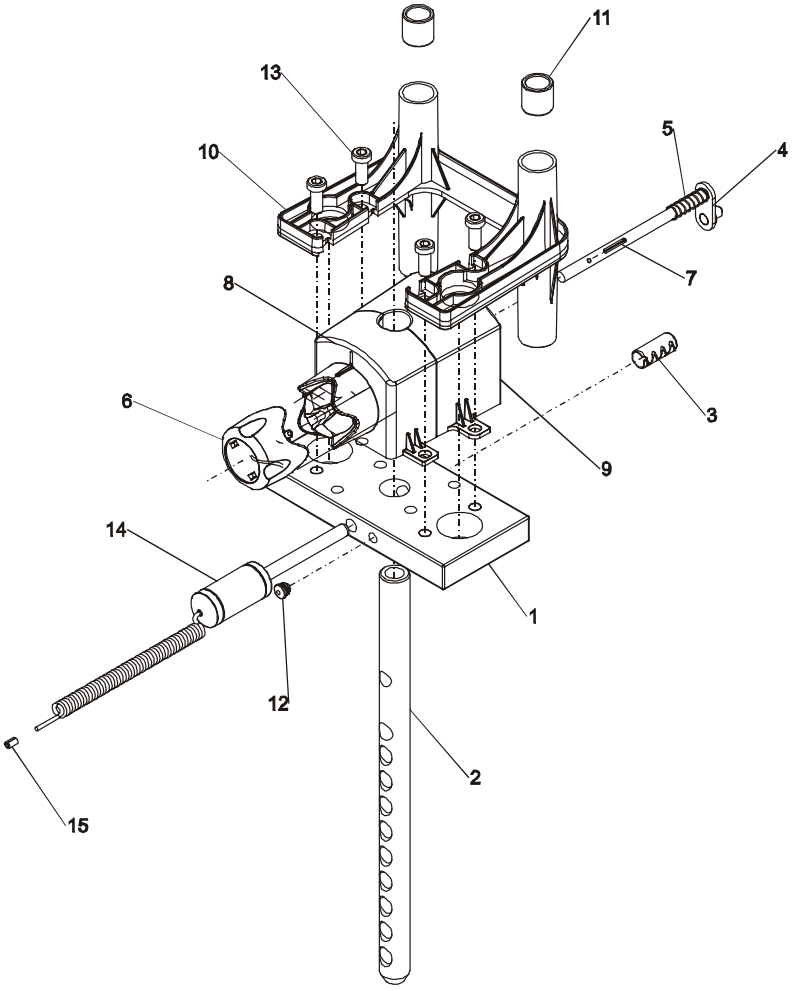
HEAD PLATE ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7326701	HEAD PLATE
2	1	7347801	STEM, 9 PLATE
3	1	3236001	BUSHING, SPRING PIN
4	1	7327201	WLDMT, INCREMENT WT PIN
5	1	6411801	SPRING, POP PIN 3/8 DIA X 2-3/4
6	1	7326101	KNOB, INC WT SELECTOR
7	1	3110008	ROLL PIN, 1/8 X 1-1/4
8	1	7326401	HOUSING, SELECTOR - FRONT
9	1	7326501	HOUSING, SELECTOR - REAR
10	1	7362101	STABILIZER, HEAD PLATE
11	4	7459601	BUSHING, HEAD PLT STABILIZER
12	1	7356501	PLUG, LANYARD ATTACHMENT
13	4	3236202	SCREW, M10 X1.5 25MM
14	1	7338101	ASSY, WT STACK SELECTOR PIN
15	1	7523601	CRIMP, CABLE

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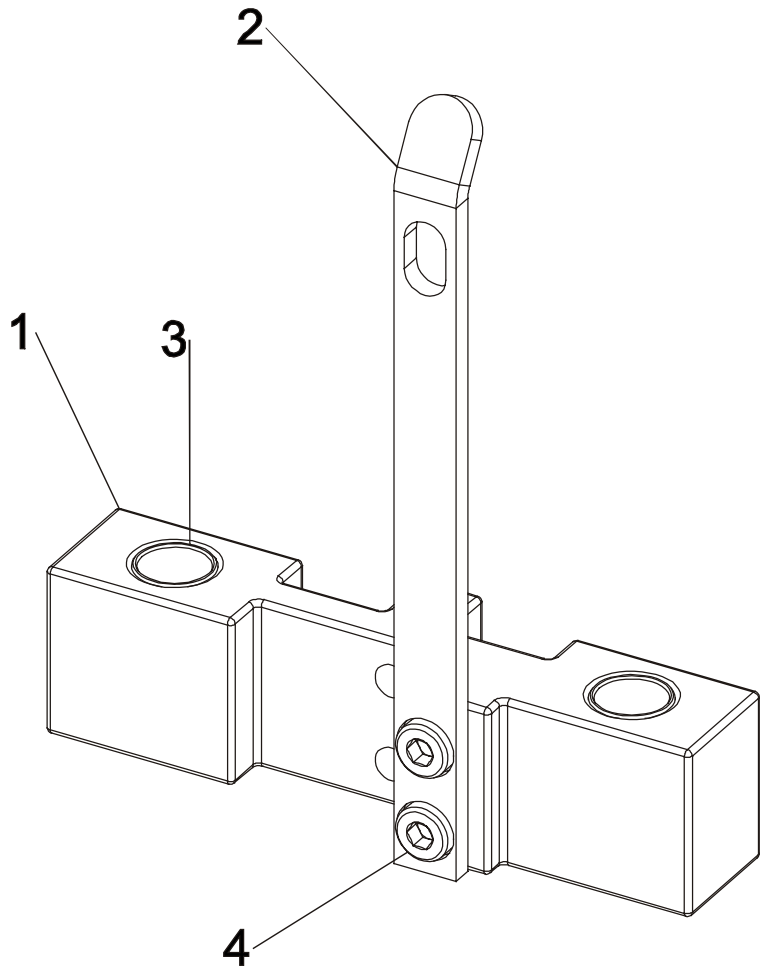
5 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM

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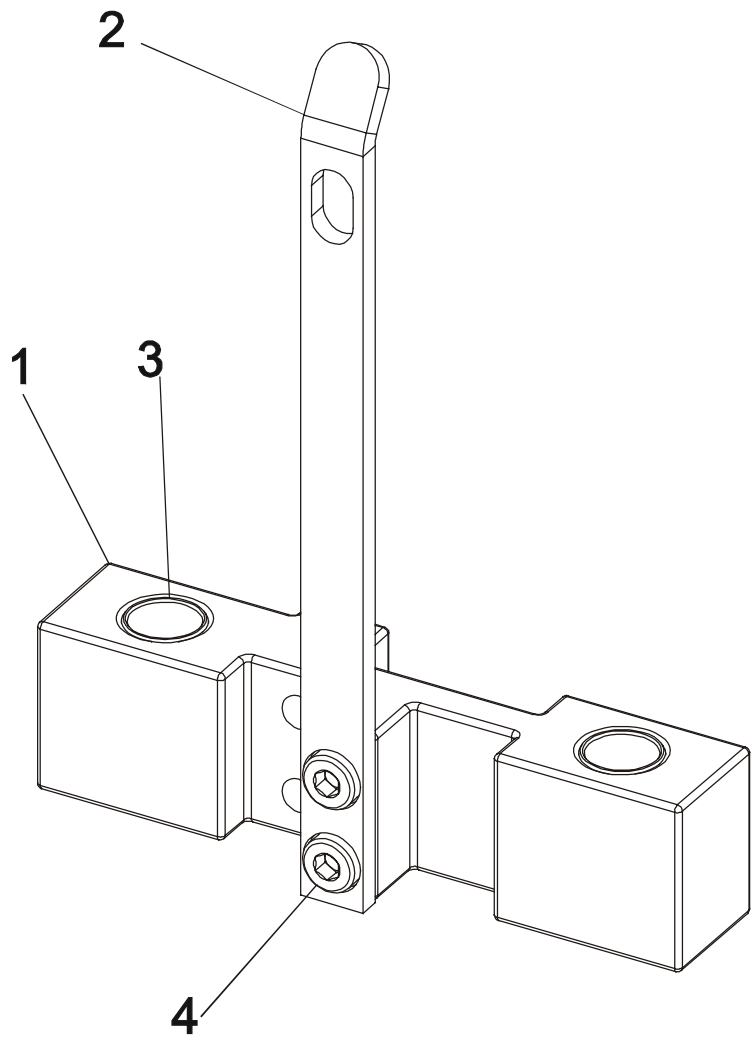
10 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM

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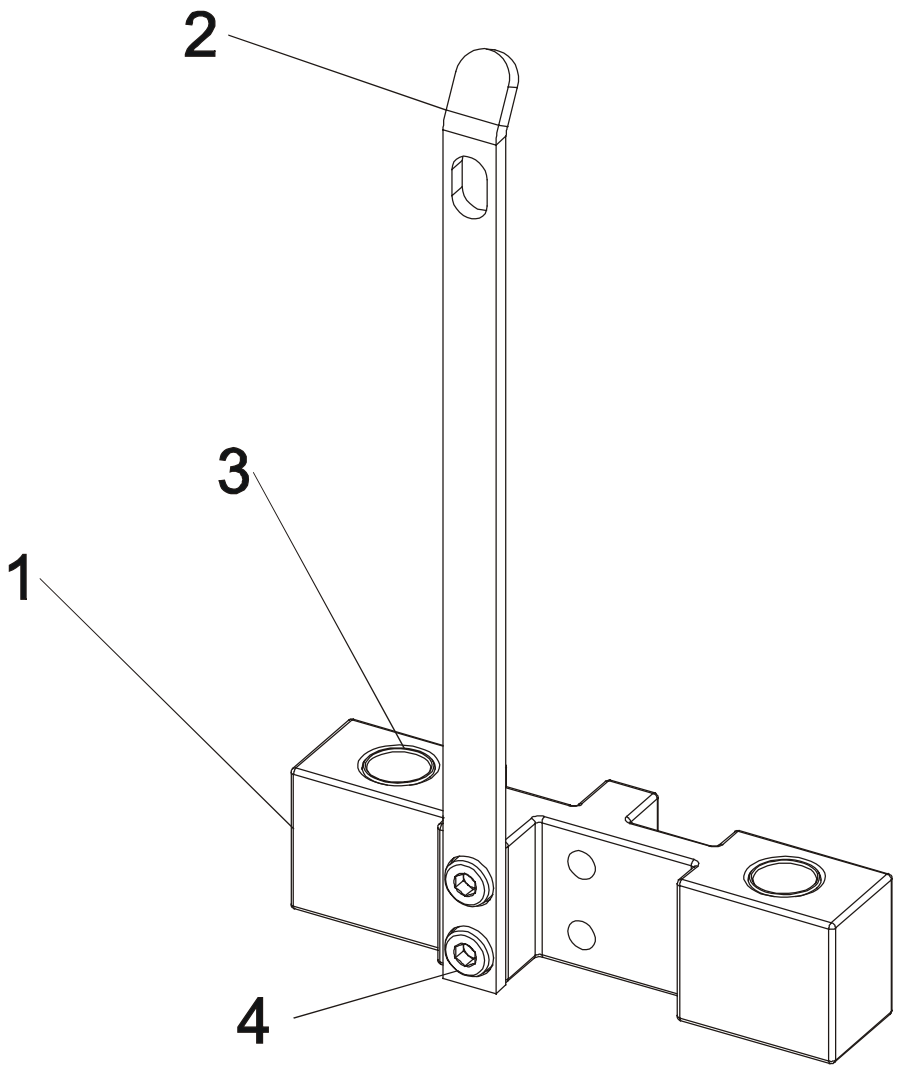
15 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM